Outcome distribution by region (grid-render-v1)

Variable	Name of Exposure	Categories	Goal Name	Criteria	Classification measure	Standard error	Remarks	Column
Workout Schedule	Exercise Type	Cardio; Strength Training; Flexibility	Improved Fitness	Completion of at least 3 sessions per week	Minutes per session; Sets and reps	0.1	Track progress using fitness tracker	A
Workout Schedule	Workout Intensity	Low; Moderate; High	Increased Cardiovascular Health	Heart rate monitoring; Perceived exertion	Average heart rate; RPE score	0.08	Adjust intensity based on fitness level	B
Workout Schedule	Workout Duration	<30 min; 30-60 min; >60 min	Improved Stamina	Total workout time	Minutes per week	0.15	Ensure sufficient rest days	C
Nutrition Plan	Caloric Intake	<1500; 1500-2000; >2000	Weight Management	Daily calorie tracking	Calories consumed per day	0.05	Adjust intake based on activity level	D
Nutrition Plan	Macronutrient Ratio	High Protein; Balanced; High Carbohydrate	Muscle Growth/ Fat Loss	Macronutrient tracking	Grams of protein, carbohydrates, and fats	0.1	Consult with a nutritionist	E
Sleep Schedule	Sleep Duration	<6 hours; 6-8 hours; >8 hours	Improved Recovery	Sleep tracking device	Hours of sleep per night	0.2	Maintain consistent sleep schedule	F

Sleep Schedule	Sleep Quality	Poor; Fair; Good; Excellent	Reduced Fatigue	Sleep quality score; Number of awakenings	Score based on sleep stages	0.12	Address sleep disturbances if necessary	G
Stress Management	Stress Level	Low; Moderate; High	Reduced Stress	Stress scale; Self-report	Stress score	0.18	Implement stress reduction techniques	H